

Four pillars. Every day. That is the whole protocol.

Tape this to your refrigerator. The book is the explanation. This is your daily action plan.

Sleep

TARGET: 7–9 HOURS, CONSISTENT SCHEDULE

- Same bedtime & wake time, including weekends
- Cool, dark, quiet bedroom (65–68°F)
- No screens 1 hour before bed
- Morning light within 30 minutes of waking
- If insomnia persists, ask about CBT-I before sleep aids
- Treat sleep like a prescription — not a luxury

Movement

TARGET: 150 MIN/WEEK — EVEN 10 MIN COUNTS

- Walk daily — start with what you can
- 2x per week resistance training (preserve muscle)
- Yoga or tai chi for sleep, mood, and balance
- On bad treatment days: gentle stretching only
- On really bad days: chair exercises in bed still count
- Listen to your body — fatigue is data, not weakness

Nutrition

TARGET: PLANT-FORWARD, ANTI-INFLAMMATORY

- Cruciferous veg daily (broccoli, kale, cauliflower)
- Berries, leafy greens, fatty fish, olive oil, nuts
- Limit ultra-processed foods, processed meats, sugar
- Adequate protein (preserves muscle during treatment)
- Hydrate — water, herbal teas, broths
- Ginger for nausea (tea, chews, or capsules)

Supplementation

DISCUSS EVERY ITEM WITH YOUR ONCOLOGY TEAM FIRST

- High-bioavailability curcumin (with piperine or liposomal)
- Vitamin D3 (test level, supplement to optimize)
- Omega-3 (EPA/DHA, 2g+ daily)
- Medicinal mushrooms (turkey tail, reishi)
- Vitamin C, zinc — supportive doses
- Sourcing matters: third-party tested only

What the protocol is not: a cure, a guarantee, or a replacement for conventional oncology. Your oncology team treats the cancer. This protocol supports the host. You need both.

Important: This card is a summary of *Breathe & Bloom* by Sonja Galani and is for educational purposes only. It is not medical advice. Discuss every item — especially supplements — with your oncology team before starting. Some natural compounds interact with chemotherapy. Read the book for dosing details, sourcing guidance, and the science behind each recommendation.

This tool is part of the *Breathe & Bloom Patient Companion Workbook*. Download the full 90-page workbook at breatheandbloom.org